

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review meal labels for updated information.

Chocolate Lava Cake

WITH MOLTEN CHOCOLATE CENTER



NUTRITION per serving

Cal: 350	Cholest: 35mg
Carb: 39g	Potas: 150mg
Fiber: 2g	Calcium: 30mg
Sugar: 27g	Iron: 1.6mg
Added Sugar: 21g	Vit D: 0mcg
Protein: 4g	
Sodium: 210mg	
Fat: 22g	
Sat Fat: 8g	
Trans Fat: 0g	

Lava Cake Instructions

- Refrigerate or freeze until use.
- Remove cake from refrigerator or freezer and remove outer plastic wrap.
- **If heating from frozen:**
 - If using microwave: Keep **lava cake** in original container and microwave until center is warm, 45-60 seconds. Carefully remove from microwave. Rest in container, 1 minute. Bon appétit!
 - If using oven: Turn oven on to 350 degrees. Let preheat, at least 10 minutes. Keep **lava cake** in original container. Place directly on rack in hot oven and bake until center is warm, 10-15 minutes. Carefully remove from oven. Rest in container, 1 minute. Bon appétit!
- **If heating from thawed:**
 - If using microwave: Keep **lava cake** in original container and microwave until center is warm, 30-45 seconds. Carefully remove from microwave. Rest in container, 1 minute. Bon appétit!
 - If using oven: Turn oven on to 350 degrees. Let preheat, at least 10 minutes. Keep **lava cake** in original container. Place directly on rack in hot oven and bake until center is warm, 8-10 minutes. Carefully remove from oven. Rest in container, 1 minute. Bon appétit!

Lemon Cake Slice

WITH RICH LEMON ICING



NUTRITION per serving

Cal: 440	Cholest: 90mg
Carb: 58g	Potas: 70mg
Fiber: 1g	Calcium: 40mg
Sugar: 40g	Iron: 1.4mg
Added Sugar: 39g	Vit D: 0mcg
Protein: 5g	
Sodium: 310mg	
Fat: 21g	
Sat Fat: 6g	
Trans Fat: 0g	

Lemon Cake Instructions

- Refrigerate until use. If frozen, thaw in refrigerator.
- Unwrap **cake** from packaging. Bon appétit!

Sourdough-Demi Loaf

SIMPLY BAKE AND EAT



NUTRITION per serving

Cal: 140	Cholest: 0mg
Carb: 28g	Potas: 40mg
Fiber: 0g	Calcium: 10mg
Sugar: 0g	Iron: 0½mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 6g	
Sodium: 380mg	
Fat: 0½g	
Sat Fat: 0g	
Trans Fat: 0g	

Sourdough Demi-Loaf Instructions

- Refrigerate until use.
- Preheat oven to 400 degrees. Remove **bread** from packaging. Place bread directly on oven rack in hot oven and bake until heated through, 10-12 minutes.
- Carefully remove from oven. Bon appétit!

Pancake, Sausage, Egg & Cheese Sandwich

HEAT AND EAT BREAKFAST SANDWICH



NUTRITION per serving

Cal: 390	Cholest: 165mg
Carb: 27g	Potas: 240mg
Fiber: 0g	Calcium: 140mg
Sugar: 6g	Iron: 3.1mg
Added Sugar: 0g	Vit D: 1½mcg
Protein: 14g	
Sodium: 890mg	
Fat: 25g	
Sat Fat: 9g	
Trans Fat: 0g	

Pancake Sandwich Instructions

- Refrigerate or freeze until ready to use.
- Remove **sandwich** from packaging. Wrap sandwich in a paper towel. Microwave until thawed, 90 seconds.
- Carefully flip sandwich. Microwave again until heated through, 50 seconds.
- Carefully remove from microwave. Rest, 1 minute. Bon appétit!

Sausage, Egg & Cheese Croissant

2 MINI BREAKFAST CROISSANTS



NUTRITION per serving

Cal: 470	Cholest: 155mg
Carb: 28g	Potas: 160mg
Fiber: 2g	Calcium: 150mg
Sugar: 5g	Iron: 2.4mg
Added Sugar: 4g	Vit D: 0.6mcg
Protein: 14g	
Sodium: 790mg	
Fat: 34g	
Sat Fat: 13g	
Trans Fat: 0g	

Croissant Instructions

- Refrigerate or freeze until use.
- If frozen, thaw sandwich in refrigerator.
- Place **sandwich** on microwave-safe plate and microwave until heated through, 65-70 seconds.
- Carefully remove from packaging. *Sandwich will be hot!* Bon appétit!

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Blueberry Crisp Cake

WITH BROWN BUTTER STREUSEL TOPPING



NUTRITION per serving

Cal: 330	Cholest: 25mg
Carb: 61g	Potas: 50mg
Fiber: 0g	Calcium: 10mg
Sugar: 45g	Iron: 0mg
Added Sugar: 40g	Vit D: 0mcg
Protein: 3g	
Sodium: 100mg	
Fat: 10g	
Sat Fat: 6g	
Trans Fat: 0g	

Cake Instructions

- Refrigerate or freeze until use.
- Remove **cake** from refrigerator or freezer and remove outer plastic wrap.
- **If heating from frozen:**
 - If using microwave: Keep cake in original container and microwave until center is warm, 45-60 seconds. Carefully remove from microwave. Rest in container, 1 minute. Bon appétit!
 - If using oven: Preheat oven to 350 degrees. Keep cake in original container. Place directly on rack in hot oven and bake until center is warm, 10-15 minutes. Carefully remove from oven. Rest in container, 1 minute. Bon appétit!
- **If heating from thawed:**
 - If using microwave: Keep cake in original container and microwave until center is warm, 30-45 seconds. Carefully remove from microwave. Rest in container, 1 minute. Bon appétit!
 - If using oven: Preheat oven to 350 degrees. Keep cake in original container. Place directly on rack in hot oven and bake until center is warm, 8-10 minutes. Carefully remove from oven. Rest in container, 1 minute. Bon appétit!

Spinach & Artichoke Pizza

APPETIZER-STYLE FLATBREAD



NUTRITION per serving

Cal: 330	Cholest: 25mg
Carb: 45g	Potas: 180mg
Fiber: 3g	Calcium: 200mg
Sugar: 6g	Iron: 3.2mg
Added Sugar: 0g	Vit D: 0.2mcg
Protein: 13g	
Sodium: 660mg	
Fat: 11g	
Sat Fat: 5g	
Trans Fat: 0g	

Pizza Instructions

- Refrigerate until use. If frozen, thaw in refrigerator.
- Move oven rack to middle position. Preheat oven to 375 degrees. Remove **pizza** from refrigerator and remove plastic.
- Place pizza directly on middle rack in hot oven and bake until heated through, 18-20 minutes.
- Carefully remove from oven. Rest, 3 minutes. Bon appétit!

Buffalo-Style Chicken Crunch Rolls

WITH THREE-CHEESE BLEND AND HOT SAUCE



NUTRITION per serving

Cal: 210	Cholest: 20mg
Carb: 28g	Potas: 90mg
Fiber: 0g	Calcium: 130mg
Sugar: 0g	Iron: 1.8mg
Added Sugar: 0g	Vit D: 0mcg
Protein: 12g	
Sodium: 570mg	
Fat: 6g	
Sat Fat: 3g	
Trans Fat: 0g	

Crunch Roll Instructions

- Freeze until use.
- Preheat oven to 400 degrees. Remove **rolls** from packaging. Prepare a baking sheet with foil and **cooking spray**. Place rolls on prepared baking sheet. Bake in hot oven until heated through, 18-20 minutes.
- Carefully remove from oven. Let rest, 1 minute. Bon appétit!

Avocado Ranch Chopped Salad

WITH AVOCADO RANCH DRESSING



NUTRITION per serving

Cal: 170	Cholest: 15mg
Carb: 10g	Potas: 270mg
Fiber: 3g	Calcium: 100mg
Sugar: 4g	Iron: 0.8mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 4g	
Sodium: 270mg	
Fat: 13g	
Sat Fat: 2 1/2g	
Trans Fat: 0g	

Salad Instructions

- Refrigerate until use.
- Remove all **salad** ingredients from packaging and gently stir or toss with **dressing** to combine. Bon appétit!

Avocado Ranch Chopped Salad & Chicken

WITH 2 READY-TO-COOK CHICKEN BREASTS



NUTRITION per serving

Cal: 440	Cholest: 135mg
Carb: 16g	Potas: 920mg
Fiber: 4g	Calcium: 160mg
Sugar: 6g	Iron: 1.8mg
Added Sugar: 0g	Vit D: 0.1mcg
Protein: 41g	
Sodium: 860mg	
Fat: 23g	
Sat Fat: 4 1/2g	
Trans Fat: 0g	

Chicken Instructions

- Pat **chicken** dry. We recommend seasoning both sides with 1/4 tsp. **salt** and a pinch of **pepper**.
- Remove all **salad** ingredients from packaging and gently stir or toss with **dressing** to combine.
- Once cool enough to handle, slice chicken into 1/2" slices, if desired, and top salad with chicken. Bon appétit!

Salad Instructions

- Refrigerate until use.
- Remove all **salad** ingredients from packaging and gently stir or toss with **dressing** to combine.
- Once cool enough to handle, slice chicken into 1/2" slices, if desired, and top salad with chicken. Bon appétit!